

DINNER

Chicken Riggies

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	25 min	20 min	6	\$2.13	632 kcal



Chicken Riggies takes around 45 minutes from beginning to end. For \$2.13 per serving, this recipe covers 30% of your daily requirements of vitamins and minerals. This recipe serves 6. One portion of this dish contains approximately 40g of protein, 21g of fat, and a total of 634 calories.

Ingredients

- ☐ 28 ounce crushed tomatoes
canned

☐ 3 cloves garlic, minced

☐ 3 tablespoons extra-virgin olive oil

☐ ½ cup grated Parmesan cheese

☐ 16 ounce package rigatoni pasta

☐ 6 servings salt and pepper to taste
- ☐ 2 hot cherry peppers, seeded and minced

☐ ½ cup heavy cream

☐ 1 onion, diced

☐ 2 cubanelle pepper, seeded and thinly sliced

☐ 3 roasted red peppers, drained and chopped

☐ 1½ pounds skinless, boneless chicken breast,
cut in bite-sized pieces

Method

- 1

Bring a large pot of lightly salted water to a boil over high heat.
- 2

Add the rigatoni pasta, and cook until al dente, 8 to 10 minutes; drain and keep warm.
- 3

Heat the olive oil in a large skillet over medium-high heat. Season the chicken with salt and pepper, and cook in the hot oil until lightly browned on all sides, and no longer pink in the center, about 7 minutes.
- 4

Remove the chicken from the pan, and keep warm. Stir the onion, garlic, and cubanelle peppers. Cook and stir until the onion has softened, about 4 minutes.
- 5

Add the roasted red peppers, hot cherry peppers, and crushed tomatoes. Bring to a simmer, then stir in the heavy cream and cooked chicken. Simmer 2 or 3 minutes, then stir in the pasta.
- 6

Sprinkle with Parmesan cheese to serve.

Nutrition per serving			
	632	40 g	21 g
	KCAL	PROTEIN	FAT
			71 g
			CARBS
Saturated Fat			7.7 g · 48% of daily needs
Fibre			5.8 g · 23% of daily needs
Sugar			9.2 g · 10% of daily needs
Sodium			996 mg · 43% of daily needs
Cholesterol			102 mg · 34% of daily needs
Vitamin C			24.1 mg · 29% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-riggies-142642